

AUTUMN ZEN RETREAT

(RESIDENTIAL)

3-6 May 2018

BELLINGEN



You are invited to come and experience a traditional Zen meditation retreat.

The practice of Zen brings one to see deeply into their true nature which is timeless, boundless and transformative.

The weekend includes sitting and walking meditation, interviews with the teacher, daily dharma talks, chanting, and mindfulness work practice.

This sesshin is suitable for both beginners and experienced meditators.

TEACHER: Ellen Davison is Zen Roshi in the Diamond Sangha Lineage and leads meditation groups and retreats in both Zen and Insight/Vipassana traditions. Ellen is the resident teacher of Kuan Yin Meditation Centre in Lismore and a guiding teacher for Bay Insight in Byron Bay and Bellingen Zen Group.

VENUE: Cascade Environmental Education Centre

SCHEDULE: From Thursday May 3rd arriving at 4 pm, to Sunday May 6th departing at approximately 3:00 pm.

ENQUIRIES AND BOOKINGS: Contact Vince at bellingenzengroup@gmail.com

FACILITY FEE COST: \$150.00 for full weekend or \$50 for full day or equivalent plus Dana (donation) for the teacher.

This event is organised by Bellingen Zen Group, part of Tallowwood Sangha. Please see our website at tallowwoodsangha.org.au.